

Five a Day: Fruits & Vegetables

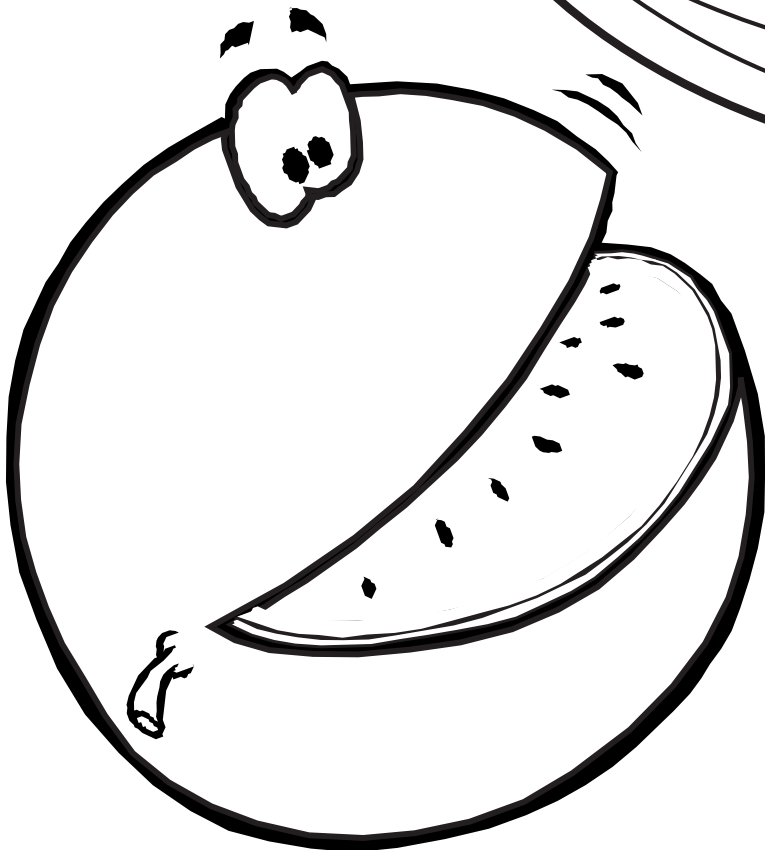
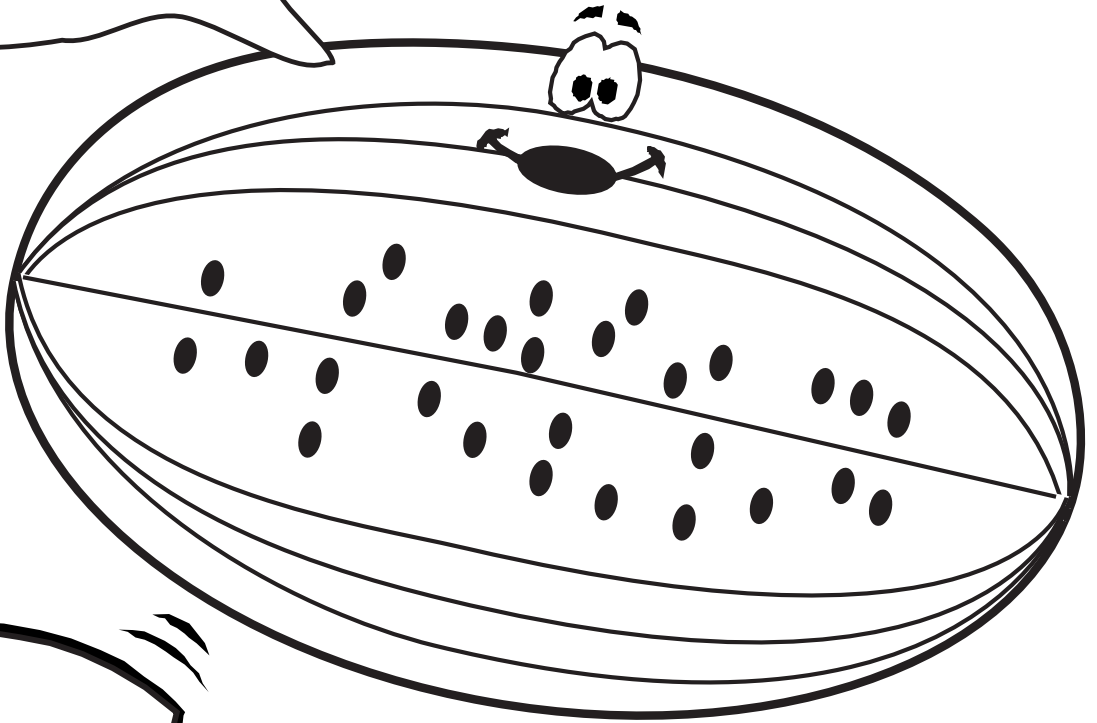


Eat Healthy • Stay Healthy



# Watermelon

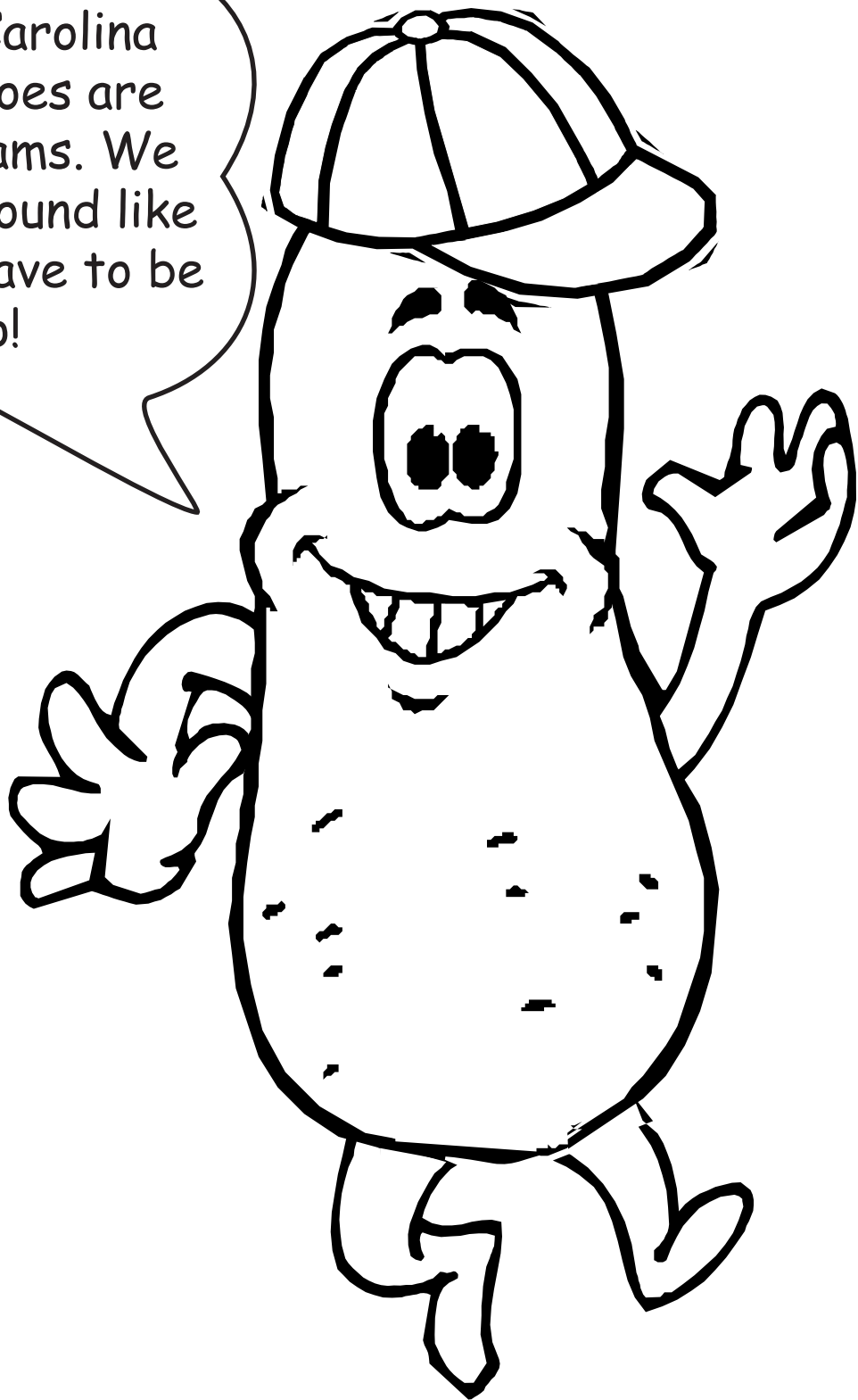
One Watermelon vine can grow longer than 50 feet, and one watermelon can weigh as much as 100 pounds!



Watermelons can be different sizes and colors, but they all make a tasty summer treat!

# Sweet Potatoes

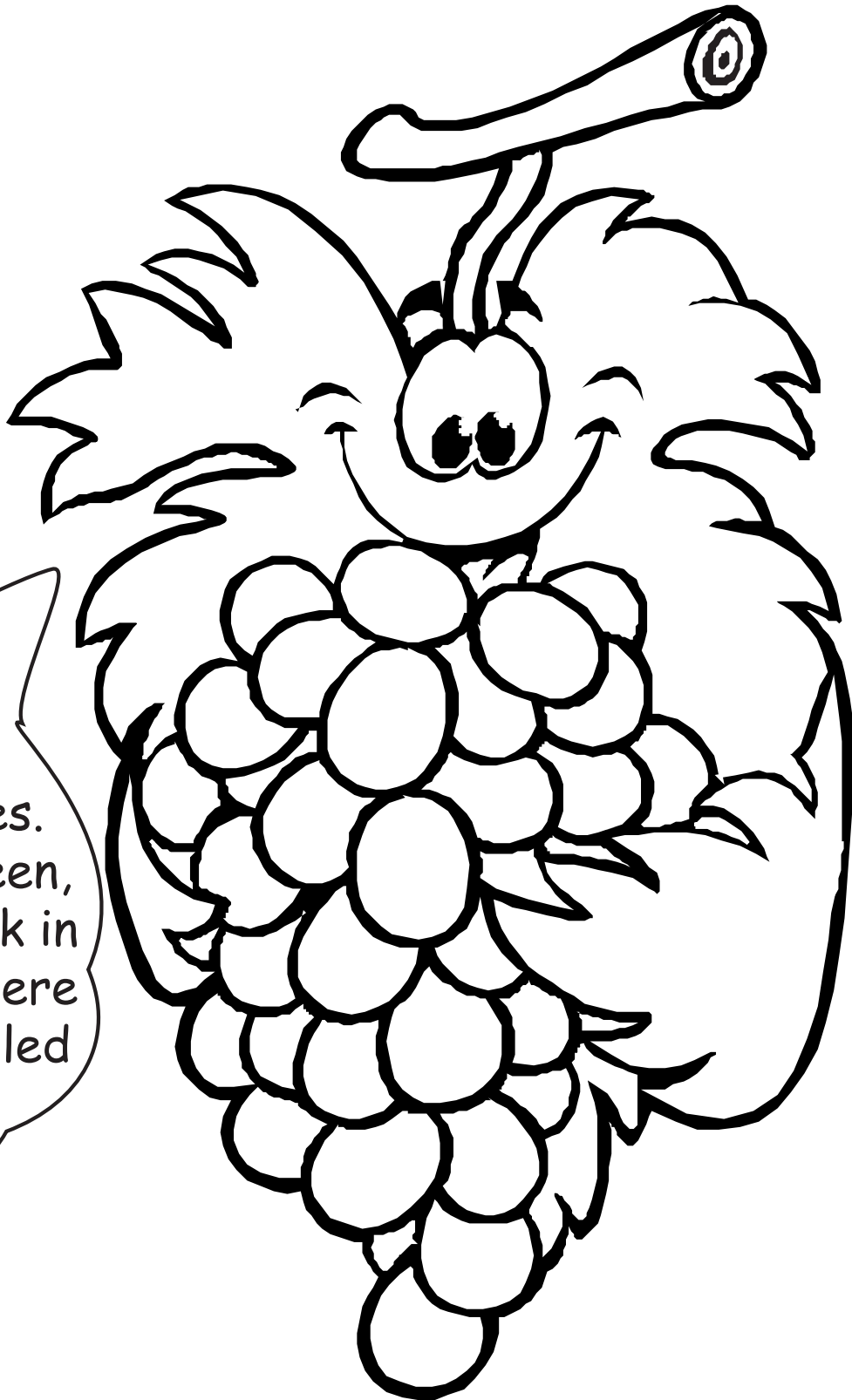
We South Carolina sweet potatoes are also called yams. We grow underground like carrots and have to be dug up!



# Grapes

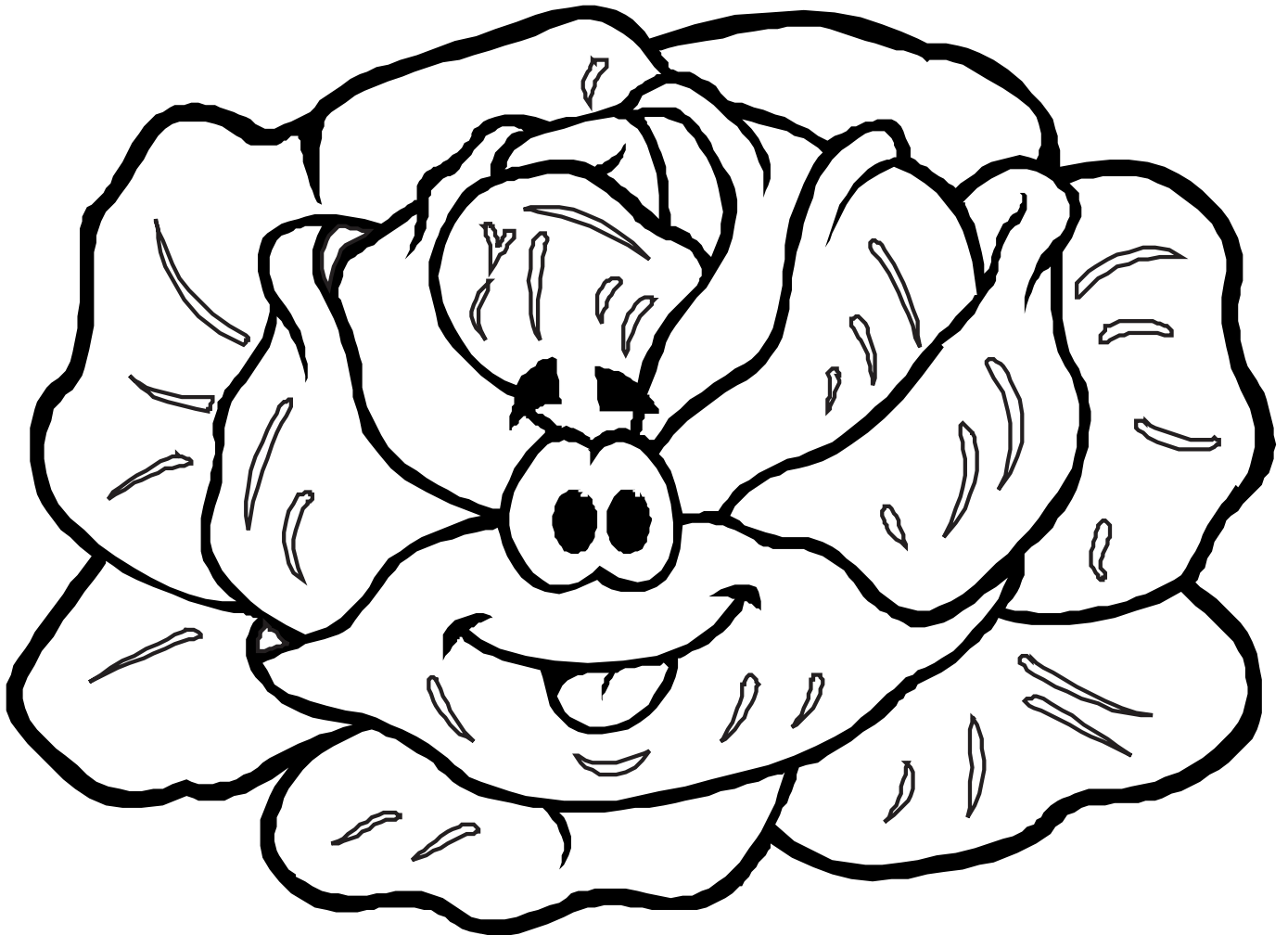
Grapes are great as a snack or as juice.  
Dried Grapes are raisins!

Grapes grow  
in clusters on vines.  
We can be pale green,  
red, purple, or black in  
color. The place where  
we are grown is called  
a vineyard.

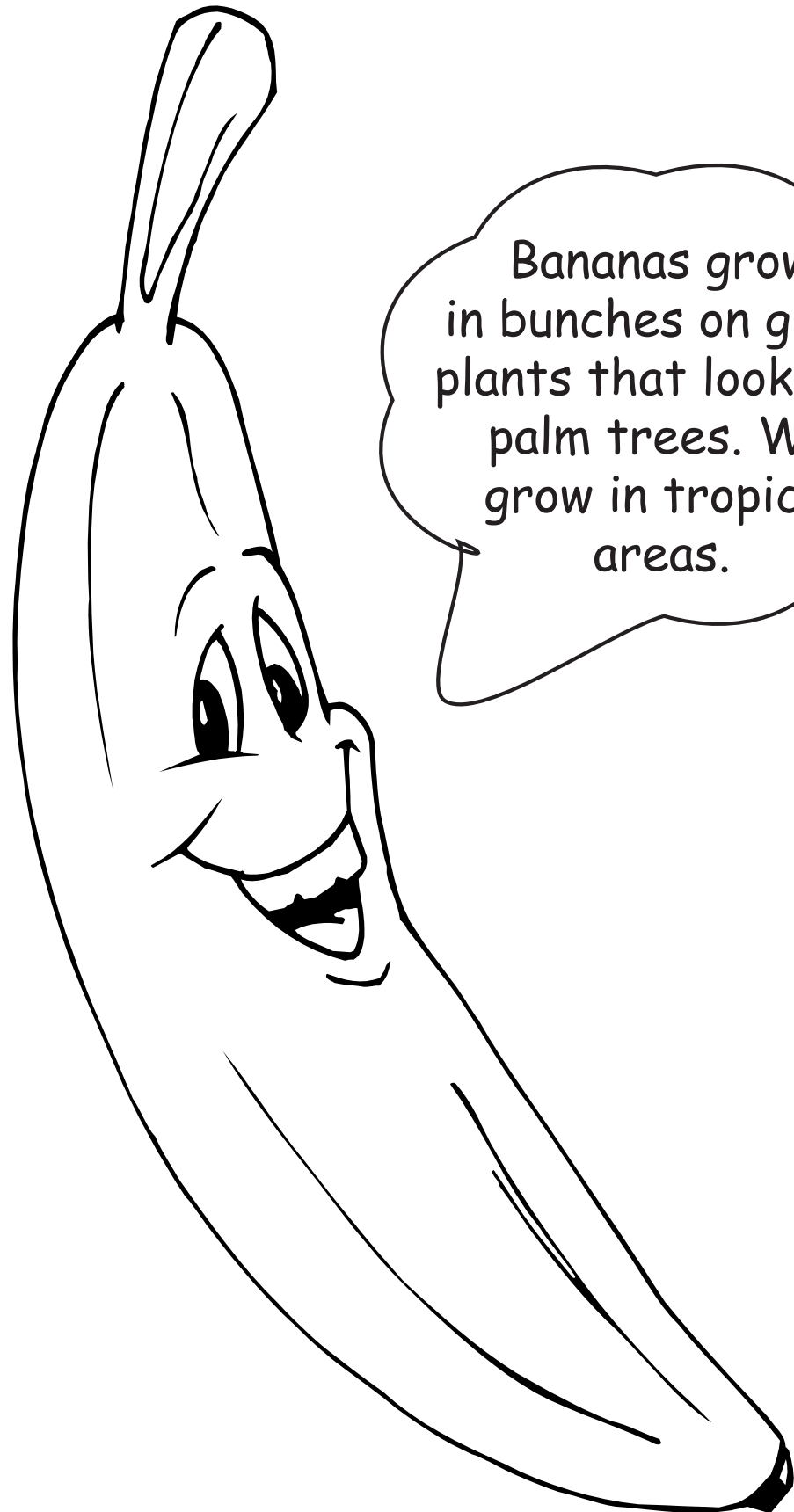


# Cabbage

Cabbage grows in "heads" and looks like lettuce. It has lots of Vitamin C, and it tastes great both cooked and raw!



# Bananas



Bananas grow in bunches on giant plants that look like palm trees. We grow in tropical areas.

# Peas



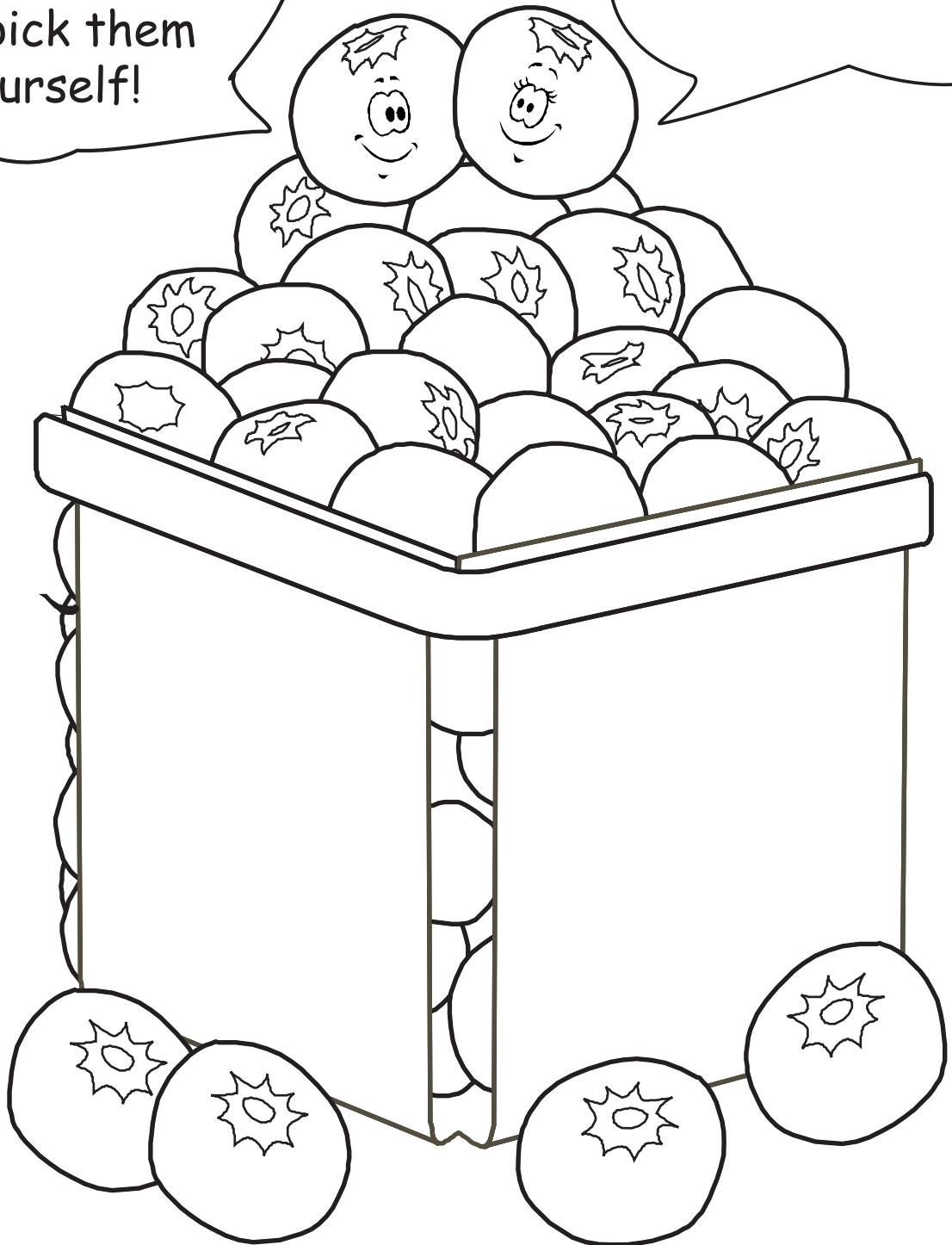
Peas grow  
in pods on small  
vines. We like  
to stick  
together!



# Blueberries

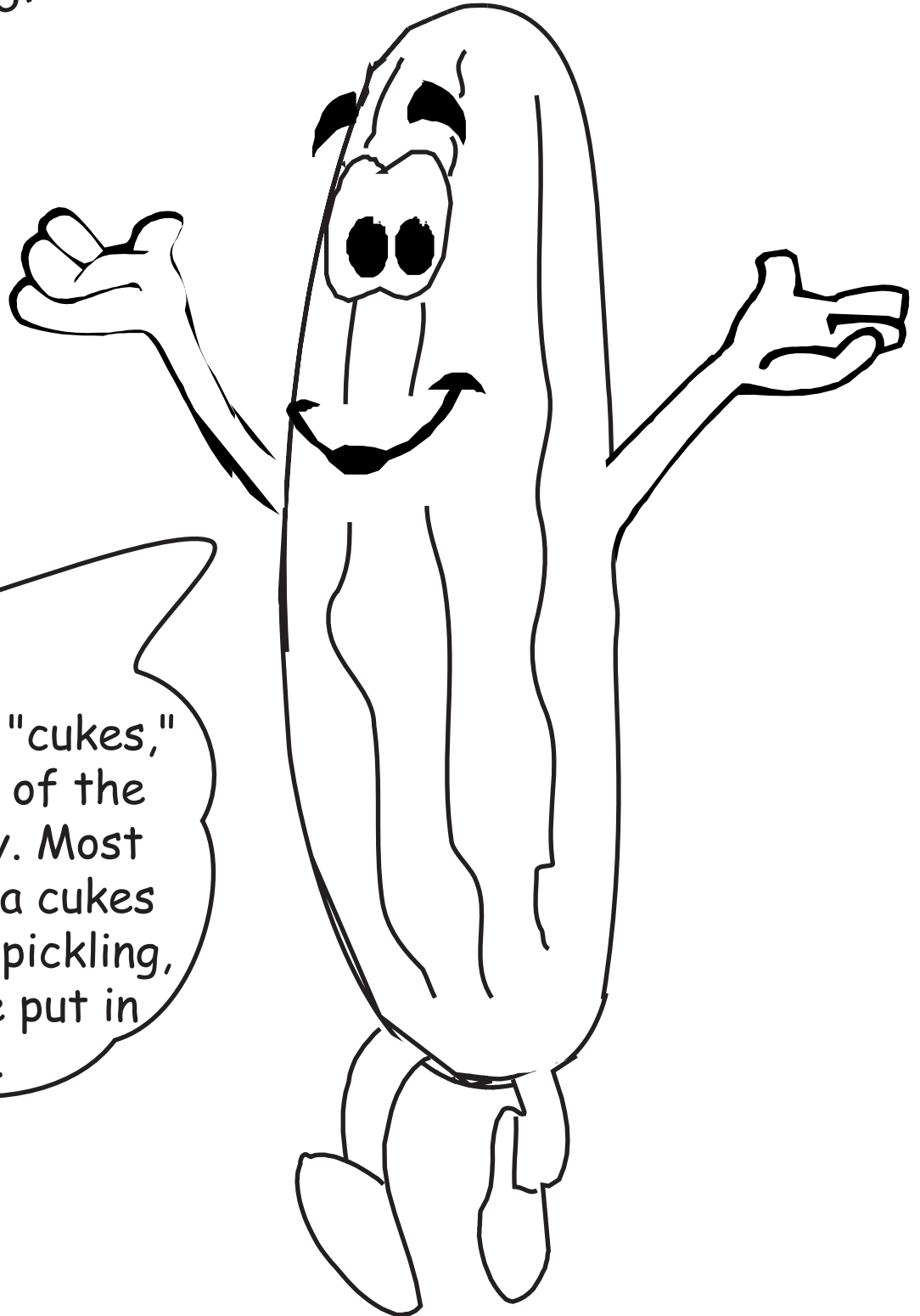
Most South Carolina blueberries are grown on "U-Pick" farms. That means you pick them yourself!

Blueberries grow on bushes. Pick me! I taste best right off the bush!



# Cucumbers

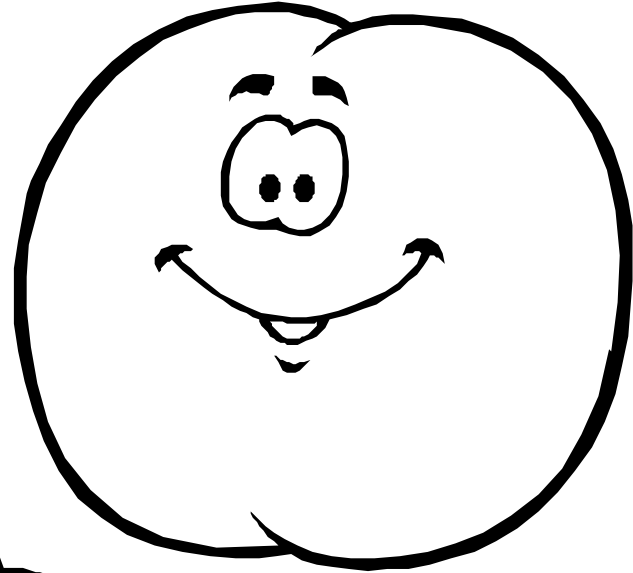
Cukes are cool!



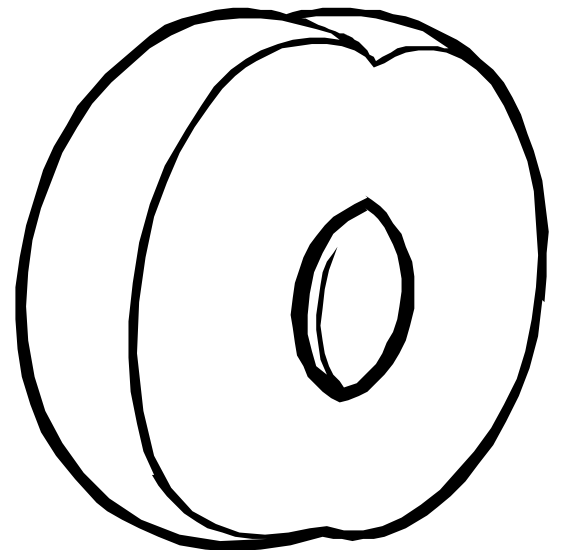
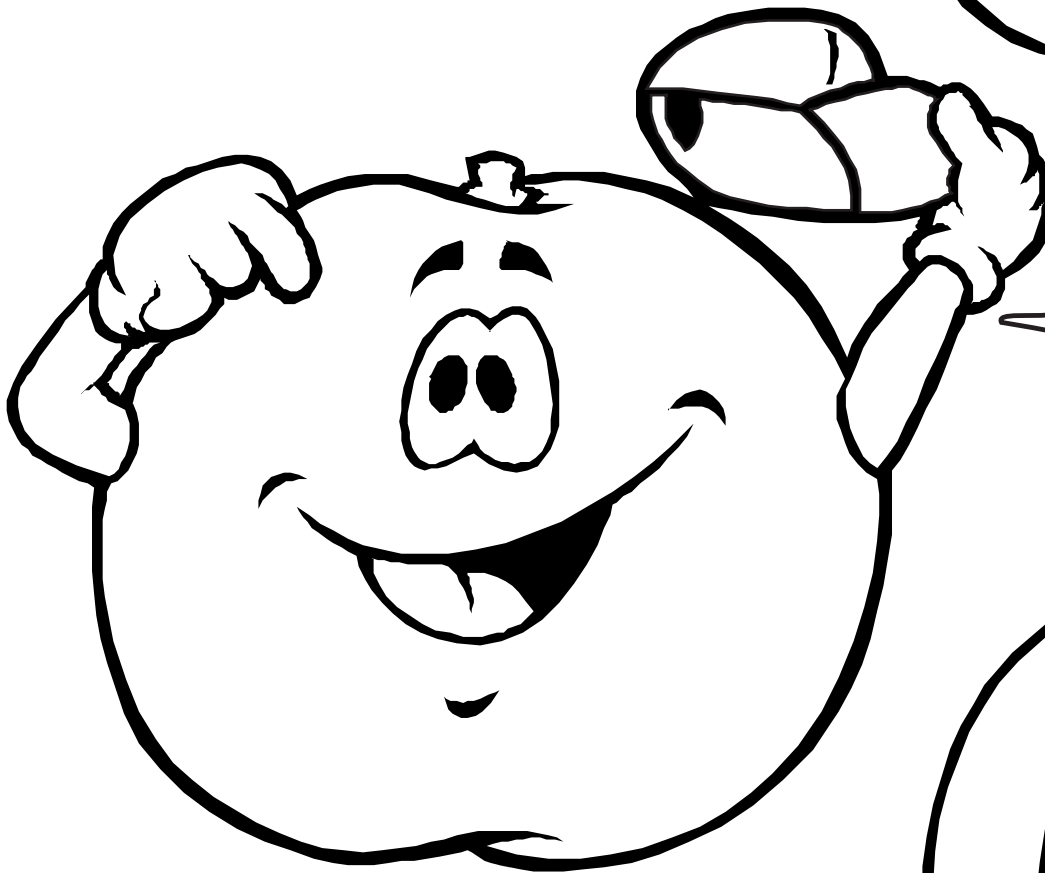
Cucumbers, or "cukes," are members of the squash family. Most South Carolina cukes are grown for pickling, but some are put in salads.

# Peaches

A peach has  
soft, fuzzy skin.  
You can peel it off  
or wash it and eat  
the whole peach.



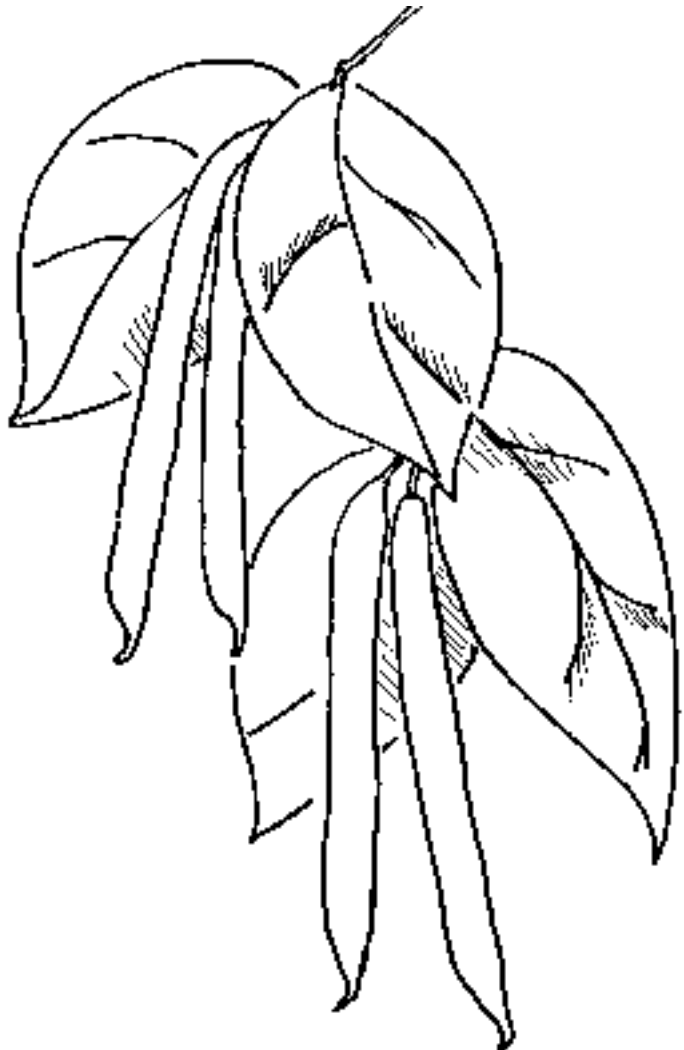
Try me  
sliced on  
cereal!



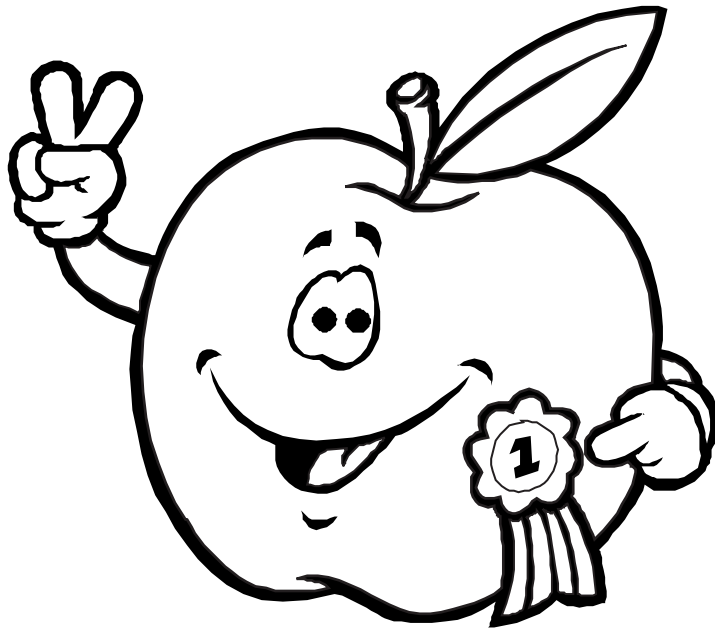
# Snapbeans



We South Carolina snapbeans get our name from the sound we make when you break the skinny pod of the bean.

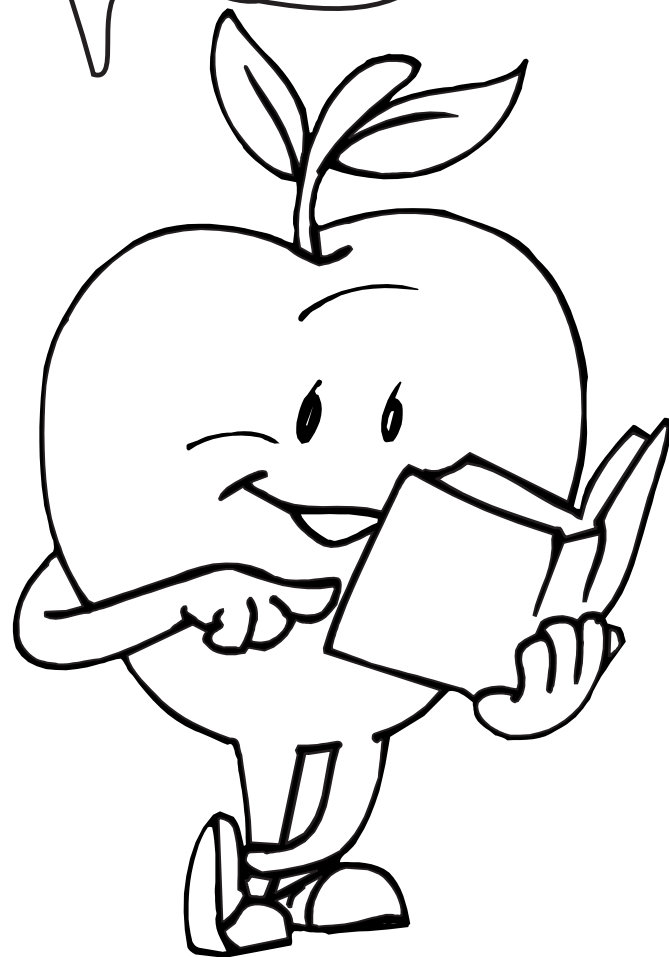
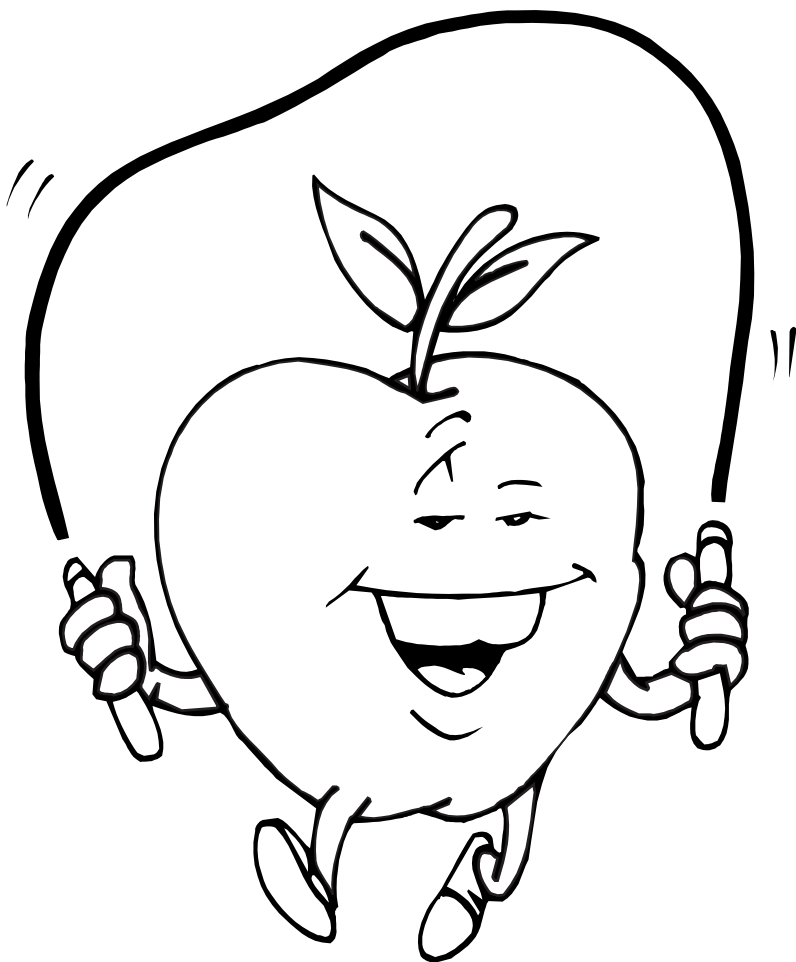


# Apples

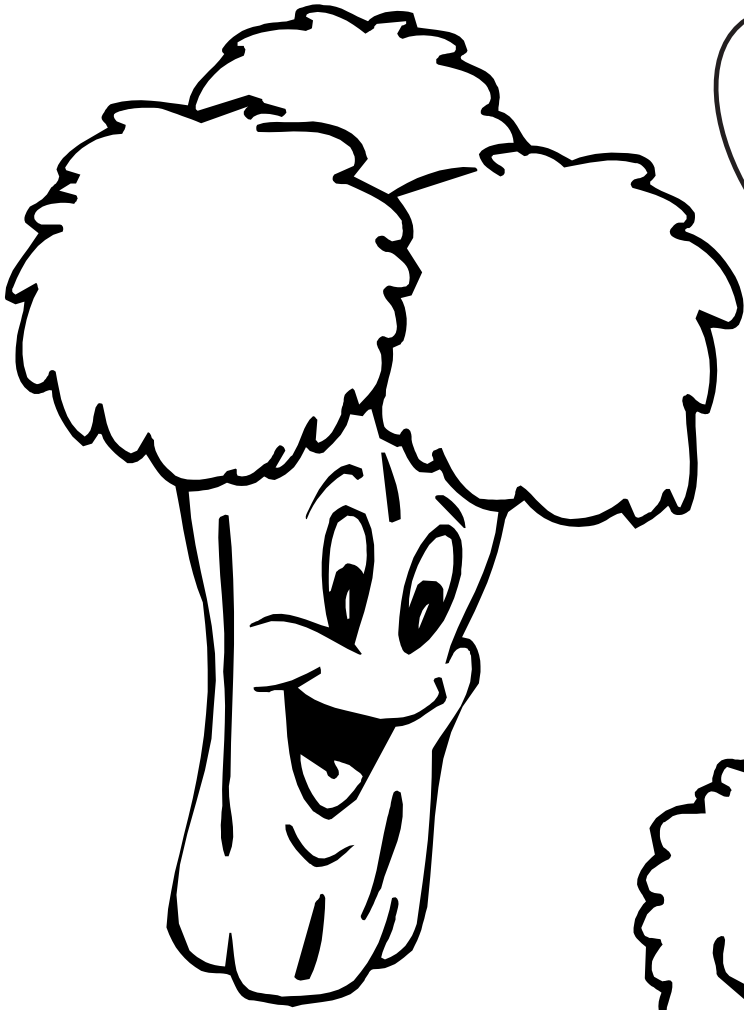


South Carolina  
apple trees grow  
mostly in the  
mountains.

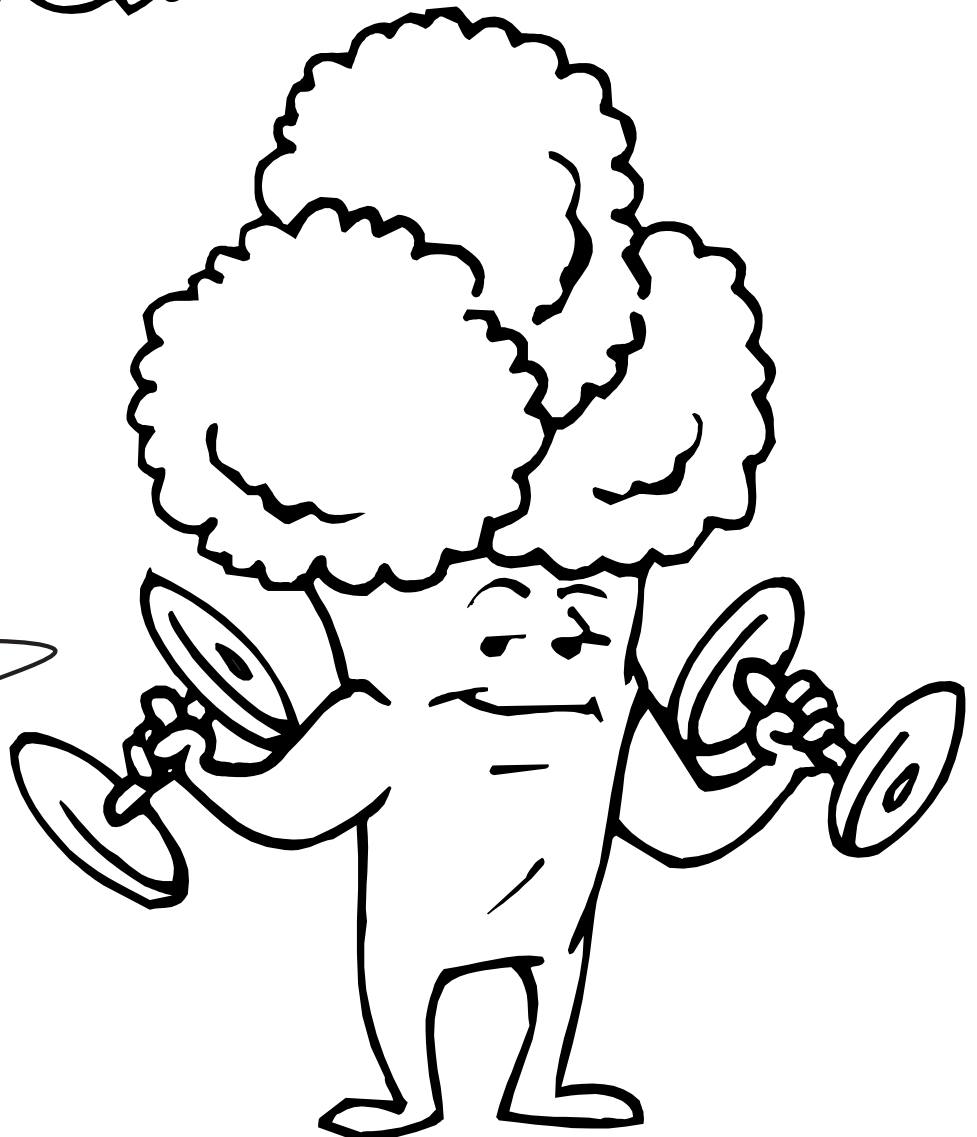
Apples grow in fields  
full of fruit trees, called  
orchards. Try an apple  
for an afternoon  
snack!



# Broccoli

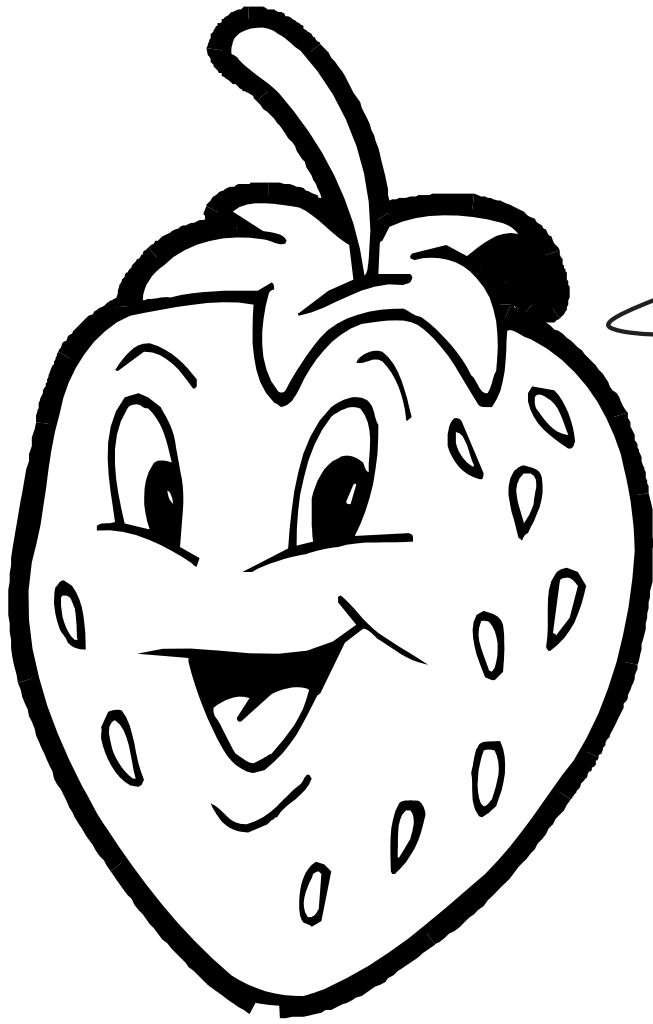


Broccoli grows on  
small plants.  
The part we eat  
is really a bloom!



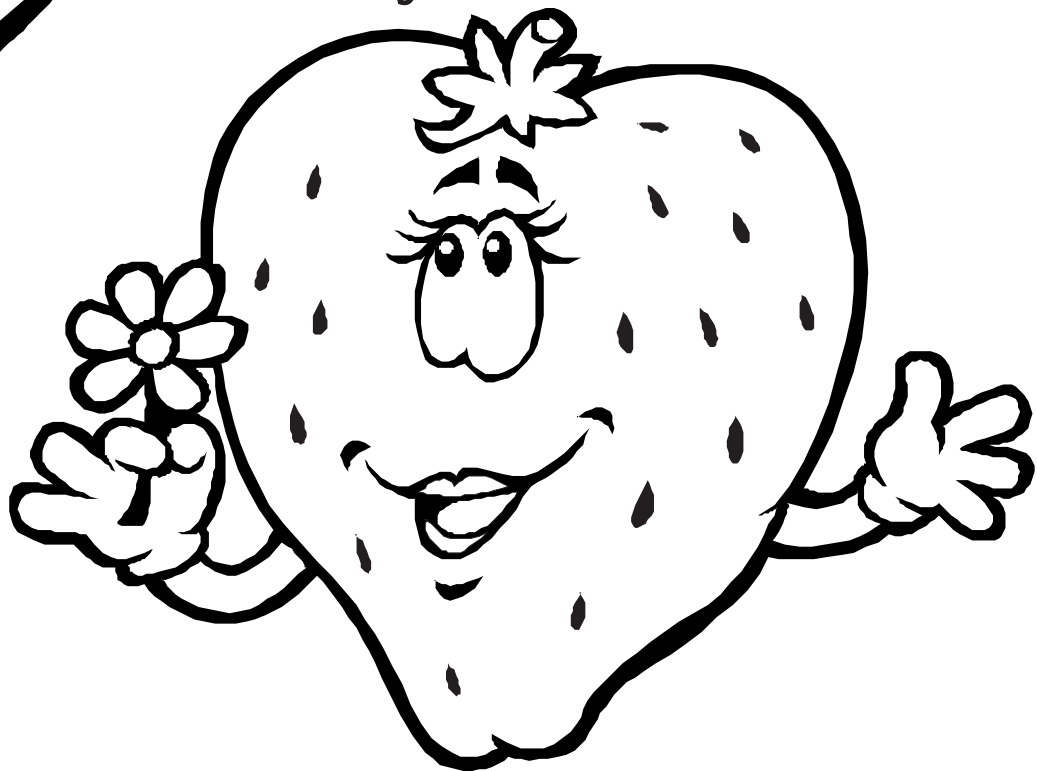
Broccoli has  
lots of  
Vitamin A!

# Strawberries



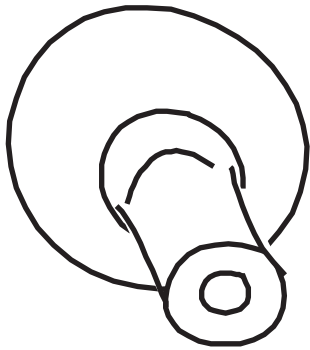
Strawberries  
are easy to grow.  
They have leaves  
that stay green  
all year.

We're so yummy  
that the birds might get  
us before you can!  
Try fresh strawberries  
for dessert!



# Mushrooms

taste great in spaghetti sauce and salads and lots of other yummy foods!



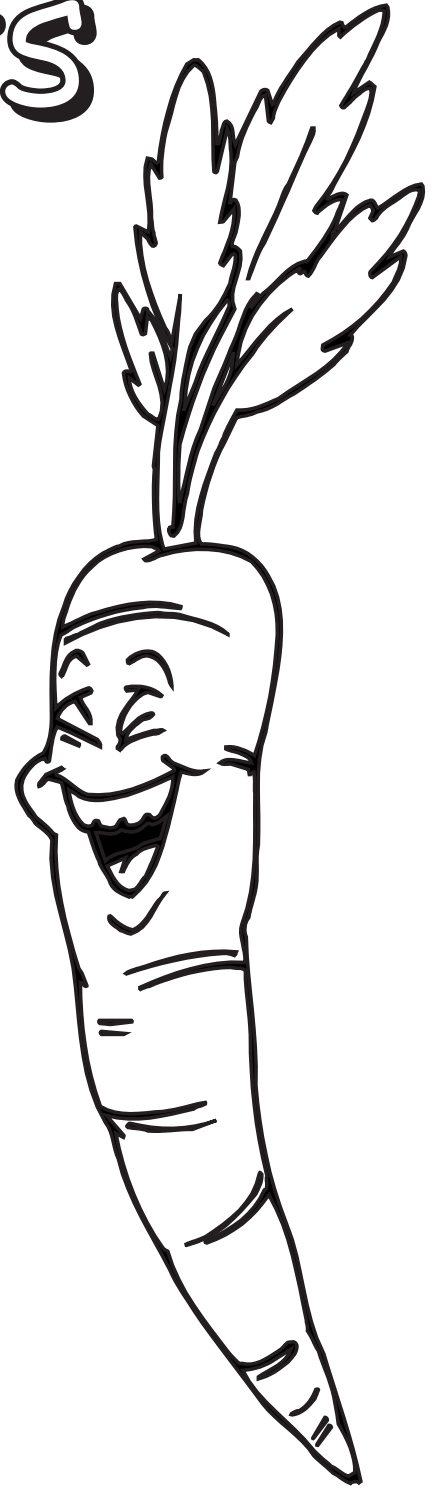
Good mushrooms are grown in the dark by mushroom farmers. Don't eat the ones you find outside, because they could be poisonous!



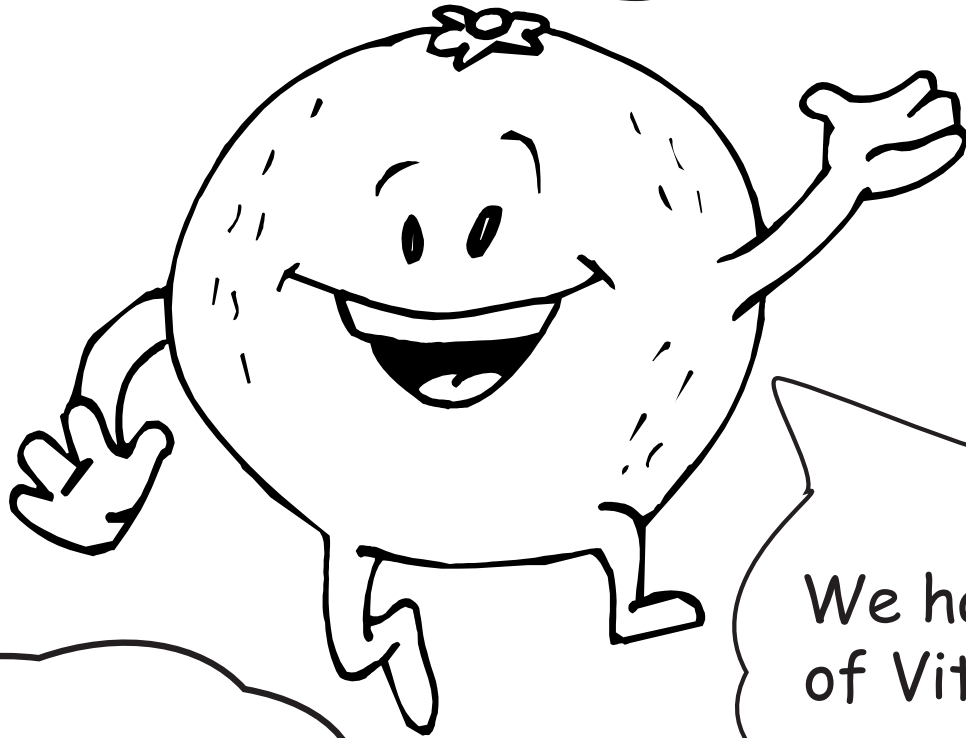


# Carrots

Carrots are roots  
that grow underground.  
Carrots have lots of  
Vitamin A.

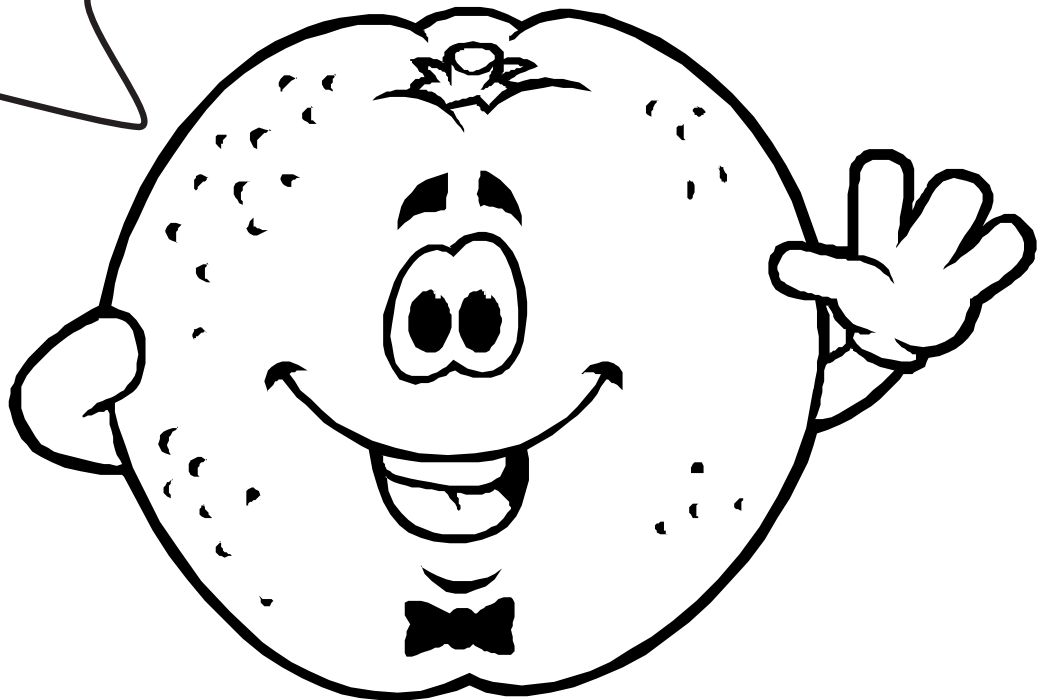


# Oranges



We have lots  
of Vitamin C!

Juicy oranges are  
great for breakfast  
and snacks. Eat  
one today!





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